

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>AUGUST 2019 Calendar - Wasatch County Seniors</b> 				
	<u><b>ALL DAY – EVERY WEEKDAY</b></u> <i>Exercising, Reading, Computers, Billiards, Piano/Organ, Checkers, Puzzles, Wii Video Games and Socializing</i>		<b>1</b> <b>9, 10 &amp; 11 am.</b> 3 “Piano Classes for Seniors” Contact: Christy Ackerson (801) 864-6403 <b>11am</b> Canyon Care Home Health – BP & Glucose checks <b>12:00 Noon</b> Lunch & Program – Fair Days Grand Marshals “Spotlight” – Duane/Janet Sweat <b>1:00 p.m.</b> Bingo, Ceramics, Billiards	<b>2</b> <b>“FAIR DAYS”</b> (Office Closes at Noon) <b>“Salmon Supper”</b> , in Payson Cost: \$23 (includes transp.) (Bus leaves Center at 2:30 p.m.)
<b>5</b> <b>Monday</b> <b>Afternoon at the Movie – “Sully”</b> <b>1 p.m.</b> At the Center  <b>NO FIRESIDE</b>	<b>6</b> <b>10:30 am</b> “Chair Exercise” Class <b>12 noon</b> Lunch (visiting & socializing) <b>1 pm:</b> Table Games	<b>7</b>	<b>8</b> <b>9, 10 &amp; 11 am.</b> 3 “Piano Classes for Seniors” Contact: Christy Ackerson (801) 864-6403 <b>11am</b> Symbii Home Health – BP & Glucose checks <b>12 Noon</b> Lunch & Presentation - Jane & Bob Garretson “The Impact of ‘Positive Thinking’” <b>1:00p.m.</b> Bingo, Ceramics	<b>9</b> <b>9:00 a.m.</b> Men’s “Breakfast Club” - at Chick’s Café-in Heber (Breakfast on one’s own)
<b>12</b> <b>Day Trip to Morgan, UT – “Taggart’s” Restaurant</b> (Lunch - on one’s own) Cost: \$5 – Transportation (Bus leaves Center at 10 a.m.)  <b>NO FIRESIDE</b>	<b>13</b> <b>10:00 a.m.</b> Table Games and Billiards <b>10:30am</b> “Chair Exercise” Class <b>12 noon Lunch</b> & Presentation – Dawn Loper – M.A.G. – Medicare, S.S. & Fraud <b>1:00 p.m.</b> Corp. Adv. Board Mtg. – Rm. 159	<b>14</b>	<b>15</b> <b>9, 10 &amp; 11 am.</b> 3 “Piano Classes for Seniors” Contact: Christy Ackerson (801) 864-6403 <b>10:30 am</b> “Seniors Book Club” (No Lunch Today) <b>1:00p.m.</b> Bingo, Ceramics, & Billiards <b>1:30 p.m.</b> County Advisory Board Mtg. <b>5 p.m.</b> BBQ Social at Charleston Park (\$3 donation) Music with “Country Sunset”	<b>16</b> <b>Tomorrow -&gt;&gt;&gt;</b> <b>10 a.m. Day Trip to “Wyoming Downs” Race Track - in Evanston, WY.</b> Cost: \$17 (includes admission & transp.) (Dinner at Judy’s Diner – on one’s own)
<b>19</b> <b>1 p.m. “Wood/Vinyl” Craft Day at the Center – Cost: \$8</b>  <b>NO FIRESIDE</b>	<b>20</b> <b>9:00 am BREAKFAST</b> & Presentation – April Sandberg – “Thrive-in-Place” (No Lunch Today) <b>10:00 a.m.</b> Table Games and Billiards <b>10:30am</b> “Chair Exercise” Class	<b>21</b> <b>9:30 a.m. “Let’s Check it Out” Day Tour of Heber Valley</b> Cost: \$4 (Lunch at “Corner Restaurant” – on one’s own)	<b>22</b> <b>9, 10 &amp; 11 am.</b> 3 “Piano Classes for Seniors” Contact: Christy Ackerson (801) 864-6403 <b>11:00 am.</b> Applegate Home Health BP & Glucose checks <b>12 Noon</b> Lunch & Presentation – Karyn Gingras, R.N. – “Living Well with Chronic Pain” <b>1:00p.m.:</b> Bingo, Ceramics, & Billiards	<b>23</b>
<b>26</b> <b>8:30 a.m. Day Trip to Vernal – “Dinosaurland” Museum</b> Cost: \$15, includes trans. & admission (Lunch at Vernal Sr. Center - \$3 donation)  <b>NO FIRESIDE</b>	<b>27</b> <b>10:30 am</b> “Chair Exercise” Class <b>12 Noon - Lunch &amp; Presentation</b> – Jeff Daybell – Attorney, “Estate Planning” <b>1 pm:</b> Table Games	<b>28</b>	<b>29</b> <b>9, 10 &amp; 11 am.</b> 3 “Piano Classes for Seniors” Contact: Christy Ackerson (801) 864-6403 <b>11am</b> Encompass Home Health – BP & Glucose checks <b>12:00 Noon</b> Lunch & Music with Lorraine and Heidi <b>1:00 p.m.</b> Bingo, Ceramics, Billiards	<b>30</b>

